



It's good to talk

It's important that we feel able to open up and talk to others about how we're feeling. However, sometimes it's hard to describe, especially if we are feeling a mixture of different emotions all at the same time.

Activity 1

Watch [this video](#), in which Michael Rosen, Dr Radha and 14-year-old Josh explain why it's important to talk to others about how we're feeling. With a partner, discuss the following questions

- Why does Michael Rosen say 'some feelings are a bit like a ping pong ball'?
- According to the people in the video, how can sharing our feelings and experiences help us to feel better?

Activity 2

Choose one person from the Blob Tree on the left:

- What do you notice them doing?
- How do you think they are feeling?

Thinking about school at the moment:

- Which blob person (or people) do you feel most like?
- Why do they best show how you're feeling at the moment?
- Which blob people might show how your classmates, teachers or family might be feeling at the moment?

You might want to use some of the following adjectives in your answer:

Anxious

Excited

Energised

Hopeful

Cautious

Nervous

Supported